

Saturday April 11 Pentathlon Combo Meet

Schedule of Events

*All running events run as a final. If more than one heat, then top times will be compared for final results. Field events may have finals. Will be decided at time of event.

10:00 Discus starts

10:15 Triple & Long Jump starts (Pentathletes have 45 min to get best of 3 for Long Jump)

10:45 4 x 200 Relays

11:00 Shot Put starts (Pentathletes have 30 minutes to get best out of 3)

11:00 Boys 1600 run

11:10 Girls 1600 run

11:25 Boys 110 Hurdles

11:30 Girls 100 Hurdles

11:33 Boys Pentathlon 100 meter low low hurdles

11:35 Girls Pentathlon 100 meter low low hurdles

11:45 4 x 100 Relays

12:00 Start High Jump on Field (will skip if raining)

12:00 Boys 400m dash

12:10 Girls 400m dash

12:20 Boys 100m dash HEAT 1 (top 4 from each team)

12:25 Boys 100m dash HEAT 2

12:30 Boys 100m dash Pentathlon Heat 1

12:35 Boys 100m dash Pentathlon Heat 2

12:40 Girls 100m dash HEAT 1 (top 4 from each team)

12:45 Girls 100m dash HEAT 2

12:50 Girls 100m dash Pentathlon Heat 1

12:55 Girls 100m dash Pentathlon Heat 2

1:05 Co-ed 300 Hurdles

1:10 Boys 200 dash HEAT 1 (top 4 from each team)

1:15 Boys 200 dash HEAT 2

1:20 Girls 200 dash HEAT 1 (top 4 from each team)

1:25 Girls 200 dash HEAT 2

1:30 Co Ed 800m run

1:40 4 x 400 Relays

Pentathlon scoring events:

100m

High Jump (if High Jump is not available long jump can be substituted)

300m hurdles (400m can be substituted IF 300m hurdles are missed/not run)

Shot Put

800m